

Next Up!

Volume 2,
Issue 6

SEPT 2007

Community Center

201 E. Centre Avenue

Buckeye, AZ 85326

(623) 349-6600

Hours of Operation:

8:00– 5:00 pm

Monday - Friday

www.buckeyeaz.gov



Additional Contact Information

Area Agency on Aging

Senior Help Line

(602) 264-4357

Maricopa County
Special Transportation

(602) 372-4280

Dr. Saide

Recreation Center

(623) 349-6350

COMMUNITY ACTION
PROGRAM OFFICE
(623) 349-6615



SENIOR'S POINT OF VIEW

The questions have changed. The performance of our staff and services we provide are important to us. Why wouldn't they be?

They're for our participants. So now we will sit down with a participant each month and ask them how we can improve. A little Constructive Criticism never hurt anyone! We thank those who sit down with us and give their input! This month we asked Dora Randall what she thought and her opinion on how we can improve.

Q. What do you like most about the senior program?

Dora: The people are very nice

Q. What would you improve about the senior program?

Dora: More support to those who are sick and go in the hospital—More Get Well-cards.

Q. What do you like most about the Community Center?

Dora: Nice clean place to come to.

Q. What would you improve about the community center?

Dora: Hand rails as you come down the stairs.

Q. Are there any senior programs that are not offered that you would recommend?

Dora: Program set-up is really good. "It works for me"

Q. What is your favorite thing, trip or program you like that the senior program provides?

Dora: Like Casino Trips being on the bus and the events "I like the dancing"

Q. On a scale of 1 - 10 with 10 being a perfect mark how would you rate the overall services of the community center & senior program?

Dora: Nine 9—is cool.

Q. On a scale of 1 - 10 how would you rate our community center staff: Responsive, Polite, Courteous, Knowledgeable.

Dora: Ten (10) - you guys are great.

Q. Is there something the staff at the community center can do to improve their overall customer service?

Dora: I don't think so—I think everything is good.



FITNESS FACT & FICTION

Here are eight common fitness myths and the truth behind them revealed.

You burn more calories exercising on an empty stomach.

This is false, you expend the same number of calories during activity whether you've eaten or not. Exercising on an empty stomach can actually sabotage your workout—you may run out of energy before you finish.

If you don't exercise regularly, muscle turns to fat.

Muscle is muscle and fat is fat—you can't turn one into the other. The reason for this misconception is that over time, under exercised muscles will shrink and lose tone, so they look flabby.

Lifting weights bulks you up.

False. Women naturally have less testosterone than men have, so getting big bulky muscles isn't something that is going to happen to women. The average woman who weight trains, will merely improve her overall muscle tone and look sleeker and firmer.

You must exercise for at least 30 minutes to receive health benefits.

This is the biggest myth to dispel. You can reap significant health benefits such as lowered blood pressure and lower cholesterol from as little as ten minutes of moderate intensity exercise like walking at a comfortable pace or doing yard work. However, if your primary goal is weight loss, it's more effective to exercise for longer periods of time instead.

Crunches flatten your stomach.

Wrong! This type of exercise –also called “spot reduction” - strengthens muscles as hard as washboard, you won't see much of a difference if there's fat covering them up.

You should stretch prior to working out.

It actually better to warm up a little before you stretch. The reason? Warm muscles stretch better, which reduces chance of injury. Don't forget to perform some gentle, sustained stretches post-exercise as well. This will help you get rid of lactic acid, which makes muscles feel sore and maintain flexibility.

Morning is the best time to exercise.

For health benefits, it makes no difference if you exercise in the morning, afternoon, or evenings. The best time to exercise is the best time for you! If it's not the best time for you, you're less likely to stick it with it.

Remember:

Always take a day off between strength training sessions; your muscles need 48 hours to repair themselves. Fatigue means you NEED to exercise!!! Exercise boosts your energy level. When you first begin a workout program, you may feel more tired because you're not used to it. As your body adjusts you'll feel peppier and more alert, and have more energy, even when you're not exercising.

SUNFLOWERS

Sunflowers are easy and inexpensive to grow. With our longer than most growing season here in the Southwest you can still plant them. Sunflowers have become so popular that there are now varieties that can be grown in large pots or containers or a small corner of the yard. Sunflowers even come in a dwarf variety.

The Basics

- ✦ Plant in full sun, where they will not shade other plants.
- ✦ Plant seeds 1 inch deep and 6 inches apart.

Water well after planting and keep fairly moist until the seeds start to sprout.

Choosing Your Sunflowers

Teddy Bear: This variety has a full, almost “fuzzy” look and grows only 18 inches tall. You can plant this type in patio boxes or large pots. If you are in an apartment or limited on space this is the perfect sunflower to grow!

Music Box: This is also a dwarf variety reaching only 28 inches. A mix of these will give you yellows and creams. This is also a wonderful container flower.

Autumn Mix: These colors are yellow and rust; they grow tall, usually over 6 foot. You may need to stake them for support. They attract goldfinches with flower heads measuring 5 to 6 inches.

Italian White: These cream colored sunflowers are small, but cheerful. They grow up to 4 foot tall and are easily staked. These are also great for small gardens and attract gold finches.

Large Varieties: There are many large varieties to choose from. The Russian Giant has a 20 inch seed head and the Kong Sunflower can reach heights of up to 15 feet! You will need a little more room for these but they are worth it!

Planting, Growing and Harvesting

Sunflowers are not too picky when it comes to soil as long as it drains well. You can start your seeds indoors or outside. Plant them at least 1 to 1 1/2 feet apart. In about a week or two they will start to pop out of the ground. If you planted them outside watch that birds or other critters don't bother the seedlings, you can cover them up with netting or chicken wire. Once the sunflower has bloomed it will turn to the East for sunlight. When the sunflower is done blooming the birds will eat the seeds. You can also harvest the seeds. When the seed head turns brown, cut it with two inches of stem attached to it and hang it to dry in a well ventilated area. When it has dried, simply rub it and the seeds will fall out. You can save them to plant again next year or soak them in salt water over night, drain and roast at 200 degrees until dry. If saving them, place them in an envelope, label them and store in a cool dry place.



Benefits of Laughter

Wednesday, September 19th

12:30 - 2:00 pm

Reduces blood pressure
Helps to fight infection
Improves Mental Functions
Relaxing
Changes perspectives

Presented By:
Lynette Petersen CLL
Laughologist



MONTHLY BIRTHDAY CELEBRATION

Happy Birthday To Us, Happy Birthday To You, Happy Birthday To All Of Us. Happy Birthday To Everyone!!!
One Big September 21st Birthday Celebration. Birthday Celebrations happen on the third Friday of each month.
Birthday Cake, Balloons, etc.

HAPPY BIRTHDAY!!

September Birthdays
Friday, September 21, 2007
11:00—11:30

SEPTEMBER BIRTHDAYS

Rafaela Echevarria
Marie Yanez
Patricia Fernandez
Marie Knight
Janice Bogue
June Lee
Joanne Knight
Max Frazin
Judy Harman
Joan Guy
Cristobal Echevarria
Betty Thompson

Clifford Van Ells
Jacquelin Harris
Hilda Harder
Margie Espinosa
Roy Davis

Top Headlines For SEPTEMBER 2007

FT. McDOWELL CASINO

THURSDAY, SEPTEMBER 6TH

BUS LEAVES
@ 8:00
RETURNS TO CENTER
AFTER BINGO

Trip Fee: \$5.00

Sign Up Begins: Tuesday, August 21



THRIFTDAY SHOPPING

Shopping trip to a
few of the Valley's
Thrift Stores & Lunch

Thursday, September 13th
Vans Leave @ 9:00
Return @ 2:00

Shopping & Lunch
on your own

Sign Up Begins:
Tuesday,
September 4th

MYSTERY TRIP

Remember if you're the kind of
person who likes to know where
they're going, please don't sign-
up for these trips. We can go
everywhere and
anywhere!

Tuesday, September 18th
Vans Leave @ 9:00
Return @ 2:00

HINT: Heritage Square

\$4.00 Trip Fee
Sign -Up!
Monday, September 10th

Afternoon Poker

Friday Afternoon Poker
In September

September 14th
Texas Holdem
(3:00—5:00 pm)



Pizza & A Movie

"Premonition"

Thursday, September 20th
6:00 - 8:00 pm

Pizza, Drinks, Popcorn
Beverages
Fee \$2.50

**Please RSVP BY:
Tuesday, Sept 18**



3rd Annual Wild Western Festival

Saturday, September 29
Vans Leave @ 9:00
Return Home By: 2:00

Sign-Up Begin: Monday, Sept. 17th

Trip Fee \$8.00 (For Ticket)

High Level of Walking (Outdoors)



In partnership with
Area Agency on Aging
Region One

A GOOD LIFE

*Don't ask me
What life is all about
I'm only concerned
In fishing for trout

A stream is my life
And a limber fly rod
With a Prince Albert can
Full of worms in a wad

A light breeze blowin
To help with my cast
A thermos of coffee
And water thats fast

Some big ones out there
They hit hard and Strong
Must stay on my feet
In my heart is a song

Now this is livin
Caught one on that cast
It seems to be bigger
Than some in the past

My answer to you
On the question of life
Is live for to-day
Or your asking for strife

Leave the cards where they lay
Don't shuffle the deck
Go find some swift water
So your nerves you don't wreck

One must have a pleasure
For the good of your soul
I've found what I love
To fish is my goal.*

By Max Linden Frazin.

Vitamin D

In a recent study at Wake Forest University School of Medicine, people who had high levels of vitamin D in their blood were significantly stronger during a grip- strength test than those with lower amounts. "Vitamin D deficiencies have been associated with muscle weakness," says Denise Houston, the study's author. "It may be because the nutrient regulates calcium - which is crucial for protein synthesis- and a hormone that helps build muscle." For maximum strengthening and added protection from many diseases, including several forms of cancer, you need at least 400 internal units (IU) of vitamin D a day. One cup of fortified yogurt or milk will give you 100 IU ; a serving of fortified cereal such as Total , the whole she-bang .Stronger bones and muscles? We'll drink (milk) to that!

F. Y. I .

Do not store fruits and veggies together. Some fruits produce a gas that causes veggies to spoil faster. Fix the problem by using separate crispers or shelves.



SPECIAL EVENTS & PROGRAMS



Pirate Party

Friday, September 28th

Food
Dancing
Prizes

Best Dressed Pirate Contest

"Come Walk The Plank With US"!!!!

The Buckeye Senior Program
Deal or No Deal Showcase

Friday, September 7th & 21st
9:00—11:00 a.m.

Sign Up For A Chance To Compete
&
Win Prizes
Guests Welcome to Participate



Programs & Activities

BINGO

Bingo played each Wednesday & Friday—No fee just fun. Wednesday @ 10:00. Friday's schedule varies. Check out our monthly calendar for Friday bingo schedule.



Seniors In Motion

Wednesdays

Partner up or form a group.
We want to see you stay active & stay in motion.
Put down the playing cards and dominoes for thirty minutes and come be active with us!
Staff will participate.
Start time: 8:45 a.m.

Town of Buckeye

Senior Program

BONE BUILDERS PROGRAM

Low impact aerobic and stretching program for older adults. To increase overall stamina, flexibility and endurance. Bone Builders schedule for Tuesdays or Thursdays each month from 10:30—11:15. This forty-five minute program is free to all senior program participants. Come give it a try!!!



TEXAS HOLDEM

Learn to play Texas Hold'em. Check monthly calendar for dates. No buy-in, No money, just fun learning how to play. If you like watching it on T.V. you might want to join in each month.

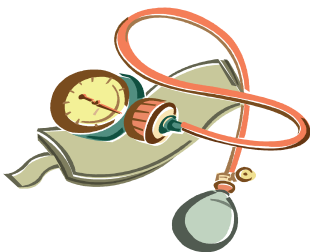


Town of Buckeye

Senior Program

Blood Pressure Checks

In partnership with the Town of Buckeye Fire Department the Buckeye Senior Program is able to offer free blood pressure checks to its participants. Check calendar for days and times.



Arts & Crafts

Arts & Crafts are scheduled each Monday from 9:30—11:30. Participants can take part in Arts & Crafts projects each week. Arts or Craft guest instructors are welcome. If you like doing Arts & Crafts or if you like teaching Arts & Crafts, please join our program. We would enjoy having you involved.



“OPEN FOR BUSINESS”

The Community Center Computer Room - is now open for business. Participants may now surf the net, type letters, check e-mail & more. Computer room open Monday—Friday, 8:00—5:00 pm. One Hour (1) basic computer classes held throughout the month—See Monthly Calendar for class dates and times.

Community Center Library—

Did you know the Town of Buckeye Community Center has its own Library—In partnership with the Town of Buckeye Library Division the Community Center allows participants to register for Library cards, check out books and participate in numerous reading programs. For schedule of events please visit the Community Center. Large print books on site!!

Exercise Equipment

Need to exercise, but the weather is too hot for you to go outside. Did you know the Buckeye Community Center has exercise equipment available for its senior participants as well as those 18 years and older to use. Two (2) Treadmill, stationary bike& multi-use gym currently on site. Exercise Room open Monday—Friday: 8:00—5:00 pm. Please be safe when using equipment—Staff available to assist if you have questions or need help.

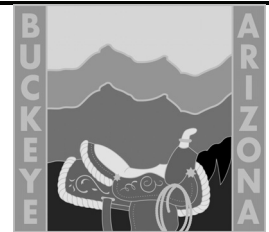
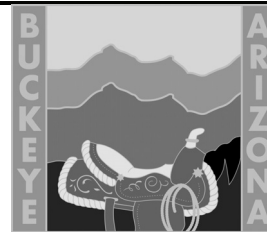
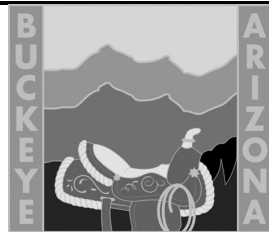
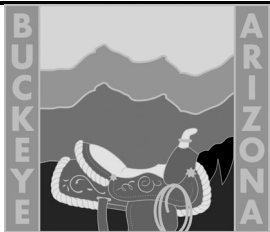
Daily Lunch Program

In partnership with Area Agency on Aging, the Town of Buckeye Senior Program offers a daily lunch program for senior participants 60 years and older. Take a look at our monthly lunch menu inside this newsletter.

Recommended Contribution

\$2.00 participant and guest 60 & older

All other guests & visitors \$5.00



The Town of Buckeye Community Services staff would like to welcome all newcomers to the Town of Buckeye Community Center. The Community Center is here for the enjoyment and services of the Buckeye Community and its visitors. Please take the time to read our Courtesy Guidelines posted within the Community Center. They are for the safety and enjoyment of all our guests, customers, and staff. If you have any questions, please feel free to ask one of our Community Services staff members.

Thank you!

September 2007 @ The Buckeye Senior Center

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<i>Funded in part by: Area Agency on Aging Region One</i>					
					1
3 Labor Day Community Center Closed	4 Bone Builders (10:30 – 11:15) Coffee @ Swirls Coffee on the Go!! 9 -10	5 Seniors In Motion 8:30 – 9 Bingo: 10 Computer Class Internet 101 12:30-1:30	6 Ft. McDowell Casino Trip (All Day) Blood Pressure Checks 9 -10	7 Bingo @ 12: 30 Deal or No Deal 9:30 – 11:00	8
10 Arts & Crafts 9:3 0-11:30 Cards & Dominos: 12:30	11 Bone Builders (10:30 – 11:15) Computer Class Creating a Calendar 12:30-1:30	12 Seniors In Motion 8:30 – 9 Bingo: 10	13 Thriftday Shopping Trip 9 – 2	14 Bingo @ 12: 30 Texas Holdem 3- 5 pm	15
17 Arts & Crafts 9:30 – 11:30 Cards & Dominos: 12:30 Computer 101 4-5pm	18 Mystery Trip 9-2 Bone Builders (10:30 – 11:15)	19 Seniors In Motion 8:30 – 9 Bingo: 10 Benefits of Laughter 12:30- 2	20 Life Care Planning (9:00-10:00) Blood Pressure Checks 9 -10 Pizza & A Movie 6 – 8 PM.	21 Deal or No Deal 9:30 – 11:00 Birthday Celebration 11 -11:30 Bingo @ 12:30	22
24 Arts & Crafts 9:30 – 11:30 Cards & Dominos: 12:30	25 Buckeye Main Library Trip (9:30 – 10:30) Bone Builders (10:30 – 11:15)	26 Seniors In Motion 8:30 – 9 Bingo: 10	27 Hospice of the valley “Living Wills Power of Attorney” (10:00 – 11:00)	28 Pirate Party (10- 2) Bingo @ 1 Computer 101 4-5pm	29 3rd Wild Western Festival 9- 2

BUCKEYE SENIOR CENTER
201 E. CENTRE
BUCKEYE, AZ 85326
623-349-6600

September 2007

	FUNDED IN PART BY AREA AGENCY ON AGING 2% MILK SERVED DAILY SUGGESTED CONTRIBUTION \$2.00					1
2	3 CLOSED LABOR DAY	4 Pepper Steak Mashed Potato WW Roll	5 Cheeseburger Carrots Pineapple	6 Roast Turkey Yams Stuffing Ice Cream	7 Fish n' Chips Baked Fries Cole Slaw Broccoli Banana	8
9	10 Beef Tacos Refried Beans Spanish Rice Mandarin Oranges	11 Fruit Plate Cottage Cheese, Egg Asst. Fruit Crackers Cookie	12 Sloppy Joes Red Potato Asst Crackers Apple Crisp	13 Ham & Butter Beans Spinach Corn Bread Banana Pudding	14 Pot Roast W/ Carrots & Onions Baked Potato WW Rolls Apricots	15
16	17 BBQ Pork Rib- letts Baked Fries WW Roll Ice Cream	18 Beef Enchilada Casserole Corn Mandarin Oranges	19 Baked Chicken Yams WW Roll Peach Cobbler	20 Beef Tips and Gravy on Rice Asparagus Grapes	21 HAPPY BIRTHDAY Turkey Pasta Salad Broccoli Birthday Cake	22
23	24 Baked Chicken Rice Pilaf Green Beans Pineapple	25 Pork Chop Red Potato WW Roll Applesauce	26 Green Chili Burrito Carrot Slaw Strawberry Shortcake	27 Lasagna W/ Meat Sauce California Blend Garlic Bread Gelatin w/ Fruit	28 PIRATE PARTY Leg O'Nuttin Cross Bone Salad Pieces of Eight Rounds of Skull Fruits of the Caribbean Freshly Squeezed Bovine Juice	29
30						